

Training 9 – Basic Reflection Training

No PowerPoint II [Video](#)

Objectives for Meeting:

Your volunteers will be able to:

1. Develop their own post visit ritual
2. Practice safe and effective communication of their emotions
3. Build an open and supportive community

Preparing for the meeting: Review the training and be prepared to present subsequent material. Print out an appropriate amount of resource sheets. Bring a resource sheet specific to your school as well.

- I. **Welcome** - Begin by welcoming your volunteers to the meeting and checking in with the status of their week. Ask them how things are going, how they are feeling about the training process, and any other questions that might begin to get them ready for an open dialogue. Today's training will be more emotional than those previously held, so you want to ease your volunteers into this mind frame. This week, begin your meeting with e-board updates.
- II. **Executive Board Updates** - Have each Executive Board member discuss what they have been up to. Each week, members should say what they've been planning and what they need help with. Not every member will need to report each week.
- III. **Ice Breaker** - Today's training will center around reflecting after visits, as well as taking care of your emotional and mental health. This is a safe space for all members. At any point if you feel overwhelmed or need a minute, feel free to step outside or grab someone to talk to. We are all here for each other. If virtual preface the meeting by asking a member to private message your intrachapter relations chair to do a breakout room.

Activity: Everyone gets random emotions and phrases such as “name one thing that makes you excited” or “name one thing you can do when you feel worried” and explain to the group why they answered the way they did. See below for the full list. If virtual, use a randomizer or assign prior to the meeting.

- IV. **Play Training Video.**
- V. **Give the volunteers a second to digest.** Open up the dialogue simply by asking “does anyone have any initial reactions?” Allow volunteers to begin the conversation. After watching the training video, we learned there is an emotional side to being a volunteer. We are now going to have a discussion about things we are excited about, nervous about, even scared about. We are all here to listen and support one another as a family. Today we are building a support system that will help carry us through our entire journey.
 - A. Use some of the questions below to keep the conversation going:
 1. What's the best part about being a volunteer?
 2. What's the hardest?
 3. How do you define a 'hard visit'?
 4. What do you do after a visit?
 5. How do you feel about reflection meetings?
 6. What makes you feel better after a visit?
 7. How do you take care of yourself after a visit?
 8. Why are Character to Character meetings important?
 9. What do you do when a child relapses, or even passes away?
 10. What would you tell someone else who is having a hard time dealing emotionally?

VI. What tools can you use when you're feeling overwhelmed? What tools does Nationals provide?

Hand out - resources list provided by National Chapter and a resource list from your specific school